

Salads: More Than Just Lettuce

Salad Type	Lettuce(s)	Other Vegetables	Fruit	Toppings	Dressing
Cobb	<ul style="list-style-type: none"> • Romaine • Green leaf • Watercress 	<ul style="list-style-type: none"> • Avocados • Tomato 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Crumbled bacon • Roquefort cheese • Roasted turkey breast • Hard-cooked eggs 	<ul style="list-style-type: none"> • Mustard • Vinaigrette
Greek	<ul style="list-style-type: none"> • Romaine 	<ul style="list-style-type: none"> • Cucumbers • Green onions • Tomato wedges • Olives • Chopped parsley • Chopped oregano • Minced garlic 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Feta cheese • Anchovy filets 	<ul style="list-style-type: none"> • Red wine vinaigrette
Taco	<ul style="list-style-type: none"> • Arugula • Romaine 	<ul style="list-style-type: none"> • Cooked corn • Shredded carrot • Cilantro • Avocados 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Black beans • Cheddar cheese • Monterey Jack cheese • Lean ground beef (cooked with taco seasoning) • Baked tortilla chips 	<ul style="list-style-type: none"> • Vinaigrette made with red wine vinegar and/or rice vinegar • Splash of lime juice
Winter Citrus	<ul style="list-style-type: none"> • Arugula 	<ul style="list-style-type: none"> • Fennel • Avocados 	<ul style="list-style-type: none"> • Orange wedges • Grapefruit wedges 	<ul style="list-style-type: none"> • Homemade croutons 	<ul style="list-style-type: none"> • Oil and citrus juice combo
Fruit and Spinach	<ul style="list-style-type: none"> • Spinach 	<ul style="list-style-type: none"> • Red onion 	<ul style="list-style-type: none"> • Sliced strawberries • Mandarin oranges • Blackberries and/or raspberries • Dried cranberries 	<ul style="list-style-type: none"> • Roasted almond slices • Blue cheese • Crumbled bacon 	<ul style="list-style-type: none"> • Raspberry vinaigrette

Apple and Pear	<ul style="list-style-type: none"> • Boston 	<ul style="list-style-type: none"> • Celery 	<ul style="list-style-type: none"> • Diced apples • Diced pears • Raisins • Chopped dates • Grapes (cut in half) 	<ul style="list-style-type: none"> • Hazelnuts, pecans, and/or walnuts • Blue cheese 	<ul style="list-style-type: none"> • Maple vinaigrette or any other sweet dressing
Simple Bibb Lettuce	<ul style="list-style-type: none"> • Bibb Lettuce 	<ul style="list-style-type: none"> • Shallots • English cucumber • Radishes • Avocados • Fresh parsley 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Pine nuts • Swiss cheese 	<ul style="list-style-type: none"> • Red wine or mustard vinaigrette

Review Date 12/09
G-1214